



A Couples Guide to Dating With ADHD: 10 Comprehensive Guidelines and Practical Tips to Make Your Relationship Successful (Attention Deficit Hyperactivity Disorder)

Rachel Davids

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Having been in a relationship with someone who has been diagnosed with ADHD I have experienced some of the challenges involved with such a situation. I made many mistakes myself and have found that with proper understanding these challenges can be overcome.

I wrote this book for individuals looking to avoid the mistake I made and to help others establish a healthy relationship when one or both of those individuals struggle with the difficulties involved with the impact of ADHD. These difficulties can have a detrimental impact on personal relationships, especially intimate ones. However, such difficulties can be dealt with successfully with proper understanding and cooperation. This book sets out helpful guidelines to help couples navigate those difficulties and cultivate a healthy fulfilling relationship for both parties.

ADHD (Attention Deficit Hyperactivity Disorder) is a condition that is characterized by distractibility, hyperactivity, and impulsivity. It's not yet fully understood, but some say that it is caused by several things such as genes, food additives, sugar, maternal smoking, lead exposure, and brain injuries. Around a tenth of the population is diagnosed with this condition, and it is possible that many more people remain undiagnosed and untreated for it.

This book will be able to help you understand more about what it's like to date someone with ADHD, and what you can do to keep the relationship working.

I am very confident that after having read this book you will be able to apply what you have learned and create a more fulfilling relationship.

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